

**HASBROUCK HEIGHTS PUBLIC SCHOOLS
STUDENT ASSISTANCE PROGRAM – Barbara Christianson**

365 Boulevard
Hasbrouck Heights, NJ 07604
(201) 288-1426

Resources

EMERGENCY:

Adult Protective Services (Abuse/Neglect over 18)	800-624-0275
AIDS (New Jersey AIDS Hotline)	800-624-2377
To report Child Abuse/Neglect (DCP&P formerly NJ DYFS)	877-652-2873 201-996-8900
Bergen County Resources	www.bergenresourcenet.org
Domestic Violence Alternatives to Domestic Violence Center for Hope and Safety	800-572-7233 201-336-7575 201-944-9600
To help families with emotional/behavioral crisis and more... NJ Children's System of Care or Performcare www.performcarenj.com	877-652-7624
Rape (Bergen County Crisis Center)	201-487-2227
Suicide (Psychiatric Emergency Screening Program)	201-262-4357 (18 and over only)
Suicide & Crisis Lifeline	988
Division of Family Guidance – Crisis Intervention/truancy	201-336-7360
Youth Violence Prevention Program	201-262-7108

OTHER 24 HOUR NUMBERS

2 nd Floor Youth Helpline	888-222-2228
Adolescent Suicide and Runaway Switchboard	800-621-4000
Ala-anon Family Group	888-425-2666
Ala-teen Meetings	973-744-8686
Parents Anonymous	800-843-5437
National Runaway Hotline	800-231-6946
Alcoholics Anonymous	800-245-1377

AA- Sahara Club 160 Johnson Ave Hackensack	201-488-5481
Cocaine Hotline	800- COCAINE
Gamblers Anonymous	800-426-2537
Muslim Youth Helpline http://www.myh.org.uk/content/about-us	201-647-7229
Nar-anon Family Group	800-322-5525
Narcotics Anonymous	800-992-0401
NJ Drug Hotline	800-225-0196
Women's Referral Center	800-322-8092
Eating Disorders https://www.nationaleatingdisorders.org/	800-624-2268
Pregnancy Helpline	800-649-4357
Weapons and School Violence Hotline	866-SPEAKUP
Agency for Gay/Lesbian/ Bisexual Youth	800-GLB-CHAT
Mobile Response and Stabilization System Crisis in-home counseling w/i 1 hour	877-652-7624
NJ State Help line M-F 8-8 pm www.NJMentalhealthcares.org operator is a trained clinician to help find any state program	866-202-4357

Mental Health Center: outpatient

Comprehensive Behavioral Health Center
25 E. Salem St. Hackensack, NJ 07601
Hours: M-TH 9-9 pm; F 9-4
<http://www.cbhcare.com/>

Access Center Number: 201-646-0195
201-646-0333 / 201-964-0334

Care Plus NJ Fair Lawn Children's Outpatient Endeavors C.O.P.E	Access # 201-986-5000 201-797-2660 ext. 118
High Focus – Paramus	800-877-3628
FDU – Center for Psychological Services 131 and 139 Temple Ave Hackensack, NJ Ind, Group, Parents at the end of their ropes support group	201-692-2645
The Center for Neurofeedback and Integrative Health 240 W. Passaic Street, Maywood, NJ 07607 www.cnih.net	201-880-7575
Family Resource Center – Dr. Michael Stango 815 Elm Street Teaneck, NJ	201-907-0198
Bergen County Therapy Jill A. Pantaleo LCSW 68 Franklin Turnpike, Waldwick, NJ 07463	201-926-5550

Inspire Wellness Glen Rock, Tenafly & Paramus	201-564-7331
Gen Psych 218 Route 17 N. Rochelle Park, NJ	(855) 436-7792
Englewood Mental Health Center	201-567-0500
Specialized Therapy Associates www.specializedtherapy.com	201-488-6678
The Center for Integrative Psychiatry and Counseling Hackensack	201-487-4298
West Bergen Center for Children Ridgewood – intake office Ramsey 1 Cherry Lane Oakland 3 Post Road	201-444-3550 201-934-1160
Vantage Health System 2 Park Avenue Dumont, NJ	201-567-0059
Koch Center Englewood NJ	201-670-6450
<u>New Directions</u> out of Division of Adolescent Services Comprehensive Behavioral Healthcare 395 Main Street Hackensack, NJ	201-646-0333
Behavioral Health Service at Hoboken University Medical Center 308 Willow Ave, Hoboken, NJ 07030	201-418-1000
Performance Care www.performancecarenj.com	877-652-7624
Alisa Robinson, Ph.D. 71 Franklin Turnpike Suite 7 Waldwick, NJ 07463	201-378-7334
Dr. Mark Hatton. PhD Ridgewood	201-612-8877
Tamini Winegrath, LCSW Oradell	201-262-6704
Anew Counseling Service Oradell, NJ Tara Amanna	(551) 497-4505
Valley Family Counseling 589 Franklin Turnpike #7, Ridgewood, NJ 07450 (Tom Kersting)	201-389-3586
Lukin Center for Psychotherapy Ridgewood, NJ	201-409-0393
Restorative Psychological Services Ramsey	201-639-4032
Kevin Hackett Psychotherapy Midland Park	201-497-0130

Mental Health Center: inpatient

Four Winds Hospital 800 Cross River Road, Katonah, NY	800-528-6624
Carrier Foundation – Belle Meade, NJ	908-281-1000
Whitedeer Run – Allenwood, PA	800-255-2335
St. Clare's Hospital – Boonton, NJ	973-625-0280
New Bridge Medical Center (Former Bergen Regional)– Paramus, NJ	201-262-4357
Summit Oaks Hospital	800-753-5223
Behavioral Health Service at Hoboken University Medical Center 308 Willow Ave, Hoboken, NJ 07030	201-418-1000

Substance Abuse Assessments:

1. Concentra Urgent Care 201-393-9199
150 North St, Teterboro, NJ 07608 Results in 24 hours. Quick and convenient
2. Health Net 780 Cedar Lane Teaneck 201-836-7664
Breathalyzer service Hours: M-F 8-8pm Sat: 9-5 and Sun: 9-2 No appt. needed
3. Hackensack Hospital ER- Main Entrance 201-996-2000
Park in garage Call before you go
4. Holy Name Hospital Occupational Health Office Teaneck Rd 201-833-7200
Breathalyzer service Hours: M-F 7:30 – 6 pm call for an appt.
5. Lodi Medical Center 2 S. Main Street 973-777-3130
Hours: M-F 8-6 pm Sat 9-4 No appt needed
6. Valley Medical Group: 780 Cedar Lane, Teaneck, NJ 07666 201-836-7664
M-F 8AM - 8 PM; Sat 9AM - 5 PM,; and Sun 9AM - 1PM
Offices in Dumont, Montvale, and Waldwick
Need to call ahead before you go

Substance Abuse Agencies (Out Patient):

High Focus Center – Paramus	800-877-3628 access number/201-291-0055
Forge Health Paramus 4 Forest Ave. Suite 201, Paramus	888-224-7312 Access # 201-565-2920
New Pathways – 20 Powers Drive Paramus, NJ	201-730-9713
Adolescent Substance Abuse Program (ASAP) – Hackensack John Zellar – supervisor	201-336-7359
New Bridges Medical Center – Paramus Tues and Thurs 5:30 – 7 pm group	201-967-4000 ext 6345
Intoxicated Driver Resource Center – Hackensack 2 day classes T/W 4- 10 pm. Anywhere from AA to 16 week treatment on an outpatient basis.	201-646-2571

Valley Hospital – Ridgewood 201-447-8000

Community Health Services, Lyndhurst 201-646-0195

Behavioral Health Service at Hoboken University Medical Center 201-792-8200
308 Willow Ave, Hoboken, NJ 07030

The Bergen County Department of Health Services, Office of Alcohol and Drug Dependency has contract funding for Detox and Short-term residential services with Turning Point and New Hope. Turning Point is an adult contract and New Hope is both adult and adolescent. Funding is currently available.

Bergen County Office of Alcohol and Drug Dependency – 201-634-2740

[Guardian Recovery Network:](#) 888-693-1872

In Patient Substance Abuse Facilities:

Caron Foundation Wernersville, PA 800-678-2332
Min 30 days Not great with insurance

Carrier Clinic – East Mountain Youth Lodge Belle Meade, NJ 800-933-3579 ext 1414

Huntington Creek Recovery Center Wilkes-Barre, PA 570-991-6256
Accepts insurance Short-term care

Daytop Village – Mendham, NJ 973-539-5764
Long term care

Integrity House
Newark 973-623-0600
Secaucus 201-583-7124

Never Alone Kingston, NY 845-339-4272
Religious – based

Princeton House Princeton, NJ 609-497-3375
Short term care ~10 days

Sunrise House Lafayette, NJ 800-538-5483
18 yr olds and older Detox and short term care

White Deer Run- PA 855-995-3170
Short Term

Holliswood Hospital Queens, NY 800-486-3005
Dual diagnosis Short Term care

Arms Acres Carmel, NY 800-989-2676
Dual diagnosis Short term care

New Hope Foundation- Secaucus, NJ

201-866-0888

Lighthouse at Mays Landing – 62 bed adult and adolescents 800-852-8851
Detox from alcohol, heroin, cocaine, prescriptions Short and long term care

Meetings:

[Alcoholics Anonymous:](#) 800-245-1377

Ridgefield Park (8:30) Thursday nights (For Young People)
At St. Francis Church 114 Mt. Vernon St. & Euclid

Hackensack (7:30) Tuesday nights 720 Summit Ave
Beginner Mtg first and the open meeting at 8:30 pm

Jersey City (8 PM) Friday night (For Young People)
St. Paul's School Basement, 193 Old Bergen Rd.

[Narcotics Anonymous:](#) 800-992-0401

[Ala teen Meetings:](#) 973-744-8686

[Nar-anon Family Group:](#) 800-322-5525

[Alanon:](#)

www.nj-al-anon.org

www.al-anonfamilygroups.org

Parent Resources:

Andre Reese – **CHAT** (Creating Healthy Attitudes in Teens) – (201) 336-3920 email:
areese@co.bergen.nj.us

Deidre Rice-Reese – **Parents United Support Group** – (646) 505-2073 email:
DRice-Reese@phoenixhouse.org

Family Support Organization: Lynn Bolson, (201) 796-6209 – website - www.fsobergen.org

Family Success Center: under the parent company of Bergen Family Center - Marcia Gongora,
Director (201)568-0817 ext 32 Website – <http://www.bergenfamilycenter.org/index.php>

Families Anonymous: Ramsey/Mahwah Chapter, (201)-327-0748 or call 1 800 736-9805 for
other chapters, there are also chapters in Englewood, Tenaflly and various other towns in New
Jersey. Website - <http://www.familiesanonymous.org/>

Strengthening Bergen's Family: Kathi Viola, The Center for Alcohol and Drug Resources
201-488-8680, kviola@tcadr.org

CST Resources

Institute for Child Development ICD Hackensack Hospital
Howard Glaser, MA, LDTC Dean Street Tenafly
Dennis Enrico 201-313-2320 LDTC Cliffside Park
FDU Hackensack
Dr. Virginia Robles Cresskill 201-541-1122

Music Therapies

MSU www.musictherapy.org/find.html

Care Plus NJ Fair Lawn

Access # 201-986-5000

Nutrition Counseling:

1. Dr. Robin Leder, MD 201-525-1155 Central Ave Hackensack, NJ
She does medical tests, counseling, and gives a diet based on results of medical tests. She is a medical doctor so she will take most insurance.
2. Ridgewood Valley Hospital: 201-47-8000 Dr. Benotti – Gastro Surgeon
Nina Rueben – Director of Programs: 201 447-8093
Regina Toomey – Director of Nutrition ext. 891
Individual counseling – Ann Faicco ext. 8091
3. New Bridge Paramus Access Center: 1-800-730-2762 Takes medicaid
4. Hackensack Hospital: 201-441-2466
Eating Disorder Support group 201-801-0822
Dave Winfield Nutrition Center 201-393-7460 www.humed.com/nutr.html
They have individual counseling for all ages (5-13) and body shapes. They take medical insurance. The program director is Laurna Pascale.
5. Renfrew Center: 1-800-736-3739 1 Kalista Way, Suite 211 Paramus, NJ 201-652-5114
They have individual counseling, family counseling, nutritionists, and groups for women. Check with each individual about their insurance but they do not have any doctors on staff.
6. Center for Discovery -45 Eisenhower Drive, Suite 250 Paramus, NJ 866-480-3475
They have partial day treatment and intensive outpatient treatments for all genders starting at age 11.
7. The Koch Center: 201-670-6450
71 Franklin Turnpike suite 8, Waldwick, NJ 07463
163 Engle Street, Englewood, NJ
They have consultation, evaluation, referral services, individual, couple, family, adolescent, group psychotherapy, supportive eating groups, nutrition counseling, and speaker's bureau.
8. Center for Treatment of Eating Disorders: 973-740-1262 514 Livingston Ave. Livingston
9. Susan Holmbreg, MA: 201-261-9220 Oradell, NJ
Nutritionist, behavioral therapy, and personal trainer
10. Nancy Feldman, MA in Nutrition: 201-794-6461 Fair Lawn, NJ
Nutritionist who runs individual therapy for adolescents, ages 12- adult. To participate in her on-going nutritional therapy, the person must also be in some form of therapy. She does not participate with insurance companies.
11. Ann Kane: 973-618-1905 West Caldwell, NJ
11. Gila Cohen, LCSW Eating Disorders Cedar Lane Teaneck, NJ
12. Dr. Christine Hudson 973-931-2113 Anxiety, depression Eating disorder DBT
12. Simon Azavedo Anger CBT
13. Dr. Tina Sherry 201-669-1369 CBT, DBT Eating disorder ODD Franklin Lakes

Sexuality/Birth Control/Parenting Skills for Teenagers:

Planned Parenthood 575 Main Street Hackensack	201-489-1140
American Red Cross- Hackensack	201-487-7470
Children's Aid and Family Services Counseling available to birth parents Adoption counseling available	201-261-2800
Volunteer Center – Hackensack Judy Foreman (PATS-Parent Aides for Teens) Mentoring Moms- Cindy 201-489-9454 ext.123	201-489-9454
Zoe's Place –Teaneck, NJ A home for pregnant girls, young mothers, and their babies	973-458-1007/201-740-7048
Englewood West Side Day Care School	201-568-2571
Women's Rights Information Center – Englewood	201-568-1166
Women's Choice – 10 Zabriskie St, Hackensack, NJ Free Pregnancy testing and other services	201-489-2266
1-800-No-Abort- Housing for pregnant teens	1-800-662-2678
Bergen Medical Regional Services Medical Procedures	201-967-4000
Bergen County Board of Social Services – Rochelle Park Helps with Welfare	201-368-4200
Jersey Care for Kids Unit	201-336-7152
Medicaid in Bergen County – Hackensack	800-701-0701
NJ Family Care – Insurance	www.njfamilycare.org
Lighthouse Pregnancy Resource Center (o) 973-238-9047 or (helpline) 973-238-9045 503 Lafayette Ave Hawthorne	
Epic Program Jaconia Lannie	201-740-7110
Baby basics Diapers and Formula 0-2 yrs	201-740-7009

Sexual Identity:

Family Matters (646) 827-3622 www.familiesmatter.org
Support groups, self-help group Maplewood/South Orange

Summit Oaks Hospital
Stephanie Furness-Kearns Saturday group

Queer Café' Coalition www.info@queercafe.org

GLSEN of Northern NJ

PFLAG of Bergen County

Social Groups:

West Bergen Ramsey Office 201-934-1160

Care Plus, NJ Fair Lawn Office 201-797-2660

Divorce:

West Bergen Center for Children 201-444-3550
Ridgewood

Youth program for divorce –all ages
Oakland 3 Post Road 201-651-1900

Lisa Estrin, LCSW 201-327-0005
70 Hilltop Rd Suite 1004 Ramsey, NJ
Runs group called Cooperative Parenting & Divorce
Specializes in Divorce issues for the parents and the children

Stepping Stones Ridgewood Robert Klopfer 201-652-8222

GED Courses: These places help prepare students to take the test at the county sites:

Connections 1280 Wall Street West BCC Campus Lyndhurst	201-937-7236
Bergen Community College – Adult Learning Center Hackensack	201-489-1551
Bergen WorkForce 296 E. Ridgewood Ave. Paramus, NJ	201-599-6273
Project Aces Classified or Low income	201-646-0722
North Arlington High School Kathy Kaufman – contact person	201-955-5222
One-Stop Career Center Helen Gonzalez -60 State Street Hackensack Helen.gonzalez@dol.state.nj.us Harry Lisa is the teacher in the program out of Conklin	201-329-9600 ext.5648 201-646-2910
ESL CLASSES Bergen County Community Action Partnership 241 Moore Street Hackensack, NJ 07601 201-968-0200 x7001	201-968-0200 x7001

Anger Management:

Comprehensive Behavioral Health Center 395 Main Street Hackensack, NJ 07601	Access Center Number: 201-646-0195
FDU – Center for Psychological Services 131 and 139 Temple Ave Hackensack, NJ Ind, Group, Parents at the end of their ropes support group	201-692-2645
Family Resource Center – Dr. Michael Stango 815 Elm Street Teaneck, NJ	201-907-0198
Alternatives to Domestic Violence 1 Bergen County Plaza Hackensack, NJ	201-336-7575 Court Ordered
Care Plus NJ Fair Lawn Anger Management Groups 15-18 yr olds	201-797-2660 ext. 110
Englewood Mental Health Center Support groups for high school students on Wednesday Nights for ages 14-17	201-567-0500
West Bergen Center for Children Ridgewood – intake office Ramsey 1 Cherry Lane Danielle Heller- Director	201-444-3550 201-934-1160

Bereavement Groups:

Hackensack Hospital Special Services Tony Miller	201-996-2110
Robert Wood Johnson Hospital	732-937-8504 732-937-8820 732-937-8505
Daughters who Lost Mothers Kathy or May Burns	732-249-2312 Voice Box #3
Loss of Spouse	201-569-4080
Partners Support Group	201-444-6630
Survivors after Suicide Day time: Amy Starr Day/Evening: Lynn Nierenberg	201-385-4400 201-837-6321
American Foundation for Suicide Prevention	888-333-2377 212-363-3500

Adolescent Programs:

Traumatic Loss Coalition Ask for the TYP Program in-home care	201-262- 4357
Care Plus – Fair Lawn and Paramus	201-265-8200
Hackensack Hospice Program – – Salem Ave. Hackensack	201-342-7766
Rainbows – 14 week support group for all ages and parents Ridgewood YMCA - no membership requires Contact person Brigid Caffrey	201-444-5600
Corpus Christi, Hasbrouck Heights	201-288-0614
Morrisa Drobnick Teaneck/Oradell Healing Hearts	201-692-0866
Erica Leeuwenburgh, Art Therapy	201-251-4242/201-286-9214
Gilda's Club 575 Main Street Hackensack Noogie Land Tuesday nights 6:30 – 8 pm Lisa – youth program coordinator	201-457-1670

Updated 1/9/24